

On Deck: BBST News & Events

Bellingham Bay Swim Team

4/10/2017

Edition: 5

WorkShare: Hours Opportunities

1. Banquet Helpers

Banquet jobs are posted now! Please do NOT sign-up for a job if you don't need hours. We love all the support and enthusiasm from so many of our families, but we need to ensure that the people still looking for hours have the opportunity to earn them. Also, remember that you can enlist a friend or family member to help you earn your hours. For example, if my mother and I were both going to help with set-up, then I would sign-up for two positions.

2. Workshare Hours Planning

Please note as you are figuring out your hours that BBST will not be holding the Ally Fell Open Water meet this summer. There is a substantial amount of planning that has to happen many months in advance to make that meet work well. We are taking a break from the meet and hope to bring it back in 2018. If you have an interest in serving on the Ally Fell Committee with advertising/marketing, logistics, etc. for the 2017-2018 season,

please contact Meredith at bbstblackfishoffice@gmail.com so we can get the Committee started.

3. Swim-a-Thon

Swim-a-thon is Thursday, May 4. We will be posting Swim-a-Thon jobs on April 24, 2017 at approximately noon. Again, if you do NOT need hours, please do not sign up for the positions. There are set-up and clean-up positions available, as well as jobs during the event. Parents of younger swimmers will need to count laps for their swimmer, which can make working at the same time tricky. This is a great opportunity to get a friend or family member to help if you want. It takes a village!

Spirit Committee



Scavenger Hunt

Friday, April 14 will be the BBST underwater scavenger hunt during the kids' normally scheduled practice time, so this is a practice they won't want to miss.



Upcoming Events



BBST Banquet on April 20. Details on the next page

BBST Parent Social, TBD in May

BBST Swim-A-Thon on Thursday, May 4 in the afternoon and evening at Arne Hanna Aquatic Center

West Cost Open Swim Meet in Canada on May 13 & 14

TAC Thunderbird Meet May 19-21 in Anacortes

Mel Zajac Senior Travel Meet May 26-28



Awards Banquet

The BBST Awards Banquet will be on Thursday, April 20. Start time will be announced soon. Swimmers need to plan on arriving dressed up, as this is an evening to recognize their hard work. RSVP will be posted soon. Please make sure you identify how many adults and children will be attending. WorkShare jobs will be available, too.



Check Your Calendar

The NWAC Distance meet in April has been cancelled. Please make sure you note this for your calendars. The coaching staff is determining if there is another meet we will attend instead. Stay tuned....

The May meet in Canada is coming soon too. Please note that the Holiday Inn Express & Suites Riverport near the pool in Richmond sold out fast last year, as there are often hockey tournaments going on also. If you are planning to stay the night you may want to book your accommodations now!



Parent Social

The BBST Parent Social has been moved to May. The date will be announced in the next newsletter.



Senior Scholarship

Applications Due Soon

The Senior Scholarship is an award for one of our outgoing Seniors for their academic achievements. Academic Achievement Scholarship Award applications are now being accepted until April 14 (open to graduating seniors in good standing with BBST with a GPA of 3.6 or better).

For an application or anyone interested in being part of the Scholarship Committee or interested in making a scholarship donation or procuring monetary donations, please contact Christina Boyd ASAP at stircrazyartworks@yahoo.com.



Say Cheese!

If you have photos to share for our team social media, please send to bbstphotos@gmail.com.

BBST Swim-a-Thon

Thursday, May 4 is the Swim-a-Thon. Log-in to your BBST account on the team website, then click for Swimmers to find a document that lists all the details. We have some incredible prizes this year, including:

- An iPad
- a tent valued at over \$200 from REI

- a \$50 and several \$10 gift certificates to Dick's Sporting Goods
- two \$25 gift certificates from Swim 2000
- two \$10 gift certificates to Fred Meyer
- passes to Trampoline Zone
- gift certificates to Sirena Gelato
- a gift certificate to Creativitea
- gift certificates to Mallard's ice cream
- gift certificates to Rocket Donut
- gift certificates to Fiamma Burger
- gift certificates to Spark Museum
- two tickets to Midtown Men at Mt. Baker Theater
- tickets to the Pickford Cinema
- the game SpyAlley from the Toy Garden

Every team member who swims at the event will end up with a prize of some sort, so make sure you show up on May 4 to swim your laps. Also, the main prizes will be distributed at the bowling party later in May. The bowling party is an incentive event for anyone who raises at least \$150. The larger prizes will be distributed at the bowling party, and instead of a drawing, we will go in order of amount of money raised this year, with the top fundraiser picking first and continuing down the line. There are tons of awesome prizes, so your swimmer will want to fundraise lots so they can attend the bowling event! Thanks to BBST mom Jennifer Stiff for all her hard work procuring prizes from our generous community donors!

Board Positions Available

Interested in being a voting member of the board of trustees? Two positions will be available this summer as Christina Boyd & Jen Rubio will have completed two-consecutive, two-year-terms as of July. All of your work-share hours will be easily accounted for and you will have an integral part of the stewardship of our team.

A Big Congrats!

Congratulations to Head Coach Sean Muncie for being named Pacific Northwest Swimming (PNS) [Coach of the Year](#)! Well-deserved and we are so very proud of this achievement.

Congratulations to BBST Coach Heather Taylor for winning the 2016 PNS Developmental Coach of the Year Award. Great job, coach! Thank you for all your hard work.

Coaches' Corner



With the end of the season less than a week away, there is a lot of excitement around our sport and high performance. With high performance comes pressure and the higher the performance the greater the pressure. Swimmers, parents and coaches are reminded to keep it simple. The goal at our championship meets is to do your best. At this point everyone is invested in the swimmers' performance, most of all the swimmers. The swimmers need to feel relaxed going into and at the competition. The tenser they are or more nervous they are about performance the less likely they will reach their potential. In many cases at championship meets it's not what you do with them at the meet, but how you stay out of the way to let them do what they have trained to do. The best thing to do as parents is to help keep them comfortable by providing snacks, water, or dry clothes and let them know you're there supporting them and the team (i.e. wear your BBST shirts). These championship meets have been months in the making, beginning last September when we first jumped in the water for the short course season. The work now has already been done or it hasn't. Keep the mindset "of do your best and have fun racing" and let the swimmers do what they came there to do, regardless of the outcome.

You cannot predict the outcome, so don't try. Instead focus on the process to accomplish what you want. The process is the only thing you can control. Chasing times at championship meets doesn't get swimmers into finals. Beating the field you're matched up against does. If there is a bad

swim, the swimmers needs to "leave it in the water". The best question to ask a swimmers after a poor performance is "did you do you best". It conveys the proper message that regardless of the outcome we expect everyone to do their best and the swimmer doesn't feel like they are being judged on their performance but by the effort they put into it.

Swimmers, now it's up to you, to do what you need to do, to take advantage of all these months of training. It doesn't make any sense to train day in and day out for 6-8 months only to hinder your performance at the meet because you're not taking care of your body.

- 1. Warm-up and warm-down properly; be early to be on time*
- 2. Stay hydrated carry a water bottle*
- 3. Snack, keep something in your stomach. Don't starve yourself*
- 4. Stay warm, bring your warm ups*
- 5. Race Hard, best times don't just happen. Just because you are at this meet doesn't mean you get to swim fast. You are going to have to work for it.*
- 6. Support each other, BBST has presence. Let everyone know it!*
- 7. Have fun, swimming fast is fun, achieving a goal is fun, racing with your teammates is fun!*

Long Course Meet Schedule

Reminder that BBST has to register for Long Course meets several months in advance, as the space is limited in each meet and there aren't many of them. You will start to get notifications about long course meets clear into summer starting in the next few weeks. Some of these meets have time requirements to get into and some are open to all. On the BBST website, meets showing in green are open to all. Those that are purple have time requirements to get into them. If you have questions about whether a meet is a good fit for your swimmer, please ask their coach.

May 13-14	West Coast Open	Richmond, BC
May 19-21	TAC Spring Thunderbird	Anacortes, WA
May 26-28	Mel Zajac Invitational <i>(qualifying times needed)</i>	Vancouver, BC
June 10-11	Cannonball Classic <i>(qualifying times needed)</i>	Federal Way, WA
June 24-25	Pacific Coast	Federal Way, WA
June 27-July 1	USA Swimming Nationals <i>(qualifiers only)</i>	Indianapolis, IN
July 6-9	Mark Prothero Invitational <i>(qualifying times needed)</i>	Federal Way, WA
July 15-16	Summer Grand Challenge	Federal Way, WA
July 20-22	Senior PNS Long Course Champs <i>(qualifying times needed)</i>	Federal Way, WA
July 28-30	14&U PNS Long Course Champs <i>(qualifying times needed)</i>	Federal Way, WA
August 3-6	Futures Championships <i>(qualifying times needed)</i>	Santa Clara, CA
August 8-12	Western Zone Age Group Champs <i>(qualifying times needed)</i>	TBA
August 8-12	Junior Nationals <i>(qualifying times needed)</i>	East Meadow, NY